

Proposed Amendment for the 2009 NCAA Rules Book

R. Podkaminer 1/5/07 4:48 PM

Deleted: 6

Text within double parenthesis ((-)) is to be deleted. Underlined text is to be added. An italic rule number in parenthesis with an asterisk such as (*5-3.2) is an indication of a moved rule. Rationale is in *italic*. For each item, submission and support has been proper and approved by the Rules Subcommittee.

Item 1 – Amend Rule 1-1.1 as follows:

- b. The maximum downward inclination permitted in the running direction for the track, the running direction for all runways and the throwing direction for all landing sectors, measured over the last 20 meters of the Javelin runway, the last 40 meters of other runways and the full length of ~~((each))~~ other surfaces, shall not exceed 1:1,000, one-tenth of one percent (0.1%).
- c. In the high jump, the maximum inclination of the last 15 meters of the approach and takeoff area shall not exceed 1:250, four-tenths of one percent (0.4%), in the running direction toward the center of the crossbar.

Rationale: USATF and IAAF conformance. This will actually allow greater flexibility in construction.

Item 2 – Amend Rule 1-1.5 as follows:

... For world, American and NCAA meet records, and championship qualifying, a regulation curb ~~((or cones))~~, or cones temporarily replacing a curb, must be in place. ...

Rationale: As currently written ... curb or cones ... does not produce the same track measurement, since a no curb track is measured 20cm into the lane instead of 30cm, thereby making the actual distance run, after placing cones, longer.

Item 3 – Amend Rule 1-1.9 as follows:

~~((Note))~~ To assist competitors in identifying the break line, small cones ~~((may))~~ shall be placed at the intersection of the lane lines and the break line.

Rationale: The use of cones is now common place and most useful. USATF and IAAF now require the cones. Consistency in rules promotes fewer errors by officials.

Item 4 – Amend Rule 1-11.1 as follows:

The runway shall be marked by two parallel lines 5 centimeters in width. ~~((For new construction after January 2006, the))~~ The minimum length shall be 30 meters however, the preferred minimum length shall be 33.5 meters ~~((, the maximum length shall be 36.5 meters,))~~ and the width shall be 4 meters between the inside edges of the marked parallel lines. ...

Rationale: USATF and IAAF have eliminated the maximum length restriction. The new minimum is within the NCAA rules established before 2002 and therefore does not need a conditional implementation date.

Item 5 – Amend Rule 2-1 as follows:

Starting Blocks

~~((Starting blocks must be made without devices that could provide artificial aid in starting. They may be adjustable but must be constructed entirely of rigid materials. They should be set in place easily and quickly and be removed without damage to the track.))~~

ARTICLE 1. Starting block shall comply with the following general specifications:

- a. The block may be adjustable, but shall be constructed entirely of rigid materials and shall be completely rigid during the start.
- b. The block shall be made without devices that could provide artificial aid in starting.
- c. The block shall affix to the track by an arrangement of pins or spikes that cause minimal damage to the track surface and allow for ease and efficiency in set-up and removal.
- d. The anchorage shall permit no slippage of the block relative to the track during the start.

ARTICLE 2. Starting blocks may include a false start detection apparatus to assist the starter. Such apparatus must be IAAF approved and be configured to emit an acoustic signal to at least the start team when a reaction time less than one-tenth of a second is detected.

Rationale: The original rule is restated in separate sections and authorization for use of available electronic judging equipment as an aid is added to continue the trend toward using technology as an aid in judging. Use of the equipment is not required. Rule 5-1 and Rule 5-2 have proposals to provide guidance in the new equipment use.

Item 6 – Amend Rule 2-8.3, 2-9.3, 2-10.5, 2-11.6 as follows:

The specifications below are reprinted for reference purposes only, and may not be all inclusive.

Rationale: Some officials have taken the NCAA printed specifications to literally.

R. Podkaminer 1/5/07 4:47 PM

Deleted: 8 May, 2006

Item 7 – Amend Rule 2-9.3 as follows:

Thickness at 6mm from outer edge	12mm	12mm
(Minimum)	12mm	12mm
(Maximum)	13mm	13mm

Rationale: USATF and IAAF conformance. This provision was inadvertently omitted in the last printing.

Item 8 – Amend Rule 2-10.3 as follows:

The handle may be either of single- or double-loop construction, but it must be rigid and without hinging joints of any kind and made so that it cannot stretch (~~(appreciably while being thrown)~~) more than 3 millimeters under a tension load of 3.8kN. It must be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle may have a curved or straight grip with (~~(a maximum inside perimeter width of 120 millimeters and)~~) a maximum inside perimeter length of 110 millimeters. The sides of the handle may be straight or (~~(slightly curved where the sides meet the grip)~~) curved but cannot exhibit any loss of rigidity which would result in an increase in the overall length while being thrown.

Rationale: USATF and IAAF conformance. There is no longer a restriction on the width of the handle nor the shape of the sides. The focus is on control of total length. Consistency in rules promotes fewer errors by officials.

Item 9 – Amend Rule 3-1.1b as follows:

Add Racewalk Judges to the list

Rationale: See the rationale statement for Item 25, a proposal to amend Rule 4-4.4.

Item 10 – Amend Rule 4-2.2a as follows:

Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared. The declaration deadline for individuals and relay team members excluding alternates must be consistent. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet.

Rationale: The requirement for participation should be the same for all events. Trying to avoiding failure to participate consequences by not naming four relay members is inconsistent and is a big loop-hole.

Item 11 – Add a note to Rule 4-2.2b as follows:

Note: A combined-event (i.e. Decathlon) is one event. Failure to participate occurs only if the competitor fails to start the first event within a combined-event.

Rationale: This is a frequent question that is asked each year.

Item 12 – Amend Rule 4-2.2d as follows:

The referee, upon proper protest, based upon all authorized evidence and with consideration given to circumstances beyond the control of the competitor, including extreme medical conditions, shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred.

Rationale: The existing rule has been used to justify not competing in an early event in favor of a later event due to a sore muscle. This was not the original intent, prompting the change.

Item 13 – Add Rule 4-2.4 as follows:

Honest Entry

The referee shall enforce as misconduct the discovery of any false entry performance in competitions requiring entry with the submission of non-speculative marks. Disqualification shall apply to the entire competition. Discovery of false entry and subsequent disqualification may be applied retroactively within a season.

Rationale: Brings greater credibility to the meet entry process. Entering a meet with false entry marks to gain an advantage should never be tolerated. Entering a fabricated mark gains an unfair advantage for getting into certain meets, heats, lanes flights and competitions over those who have honestly earned the right to compete in better competitive situations. A deserving athlete should not be kept from getting into a competition because they are displaced by someone who has entered with a dishonest mark.

Item 14 – Add Rule 4-2.5 as follows:

Disclosure of Entry Mark

Entry marks for accepted competitors shall be printed on entry lists and heat/flight sheets for all competitions.

Rationale: Brings greater credibility to the meet entry process. It makes those entering more accountable for the marks submitted. It makes meet directors more accountable in justifying why entries were accepted and how events were seeded. It eliminates any suspicion of dishonesty by not showing entry marks. It allows athletes, coaches and spectators to know the level of competition in each event.

Proposed Amendment for the 2009 NCAA Rules Book

Item 15 – Amend Rule 4-3.1c as follows and delete Rule 4-3.1d:

- c. ~~((Bare midriff tops are not allowed. That is, the))~~ The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the briefs, while the competitor is standing, and allow ~~((ing))~~ for competitors' numbers to be placed above the waist, front and back.
- d. ~~((Uniform briefs must have a side panel of sufficient depth to accommodate the placement of hip numbers without being affixed to the leg or thigh.))~~

Rationale: The focus should be on the design element of the uniform needed for the competition. The issue of style and appropriateness is already covered in Rule 4-3.1b.

R. Podkaminer 1/5/07 4:48 PM
Deleted: 6

R. Podkaminer 1/5/07 4:47 PM
Deleted: 1

R. Podkaminer 1/5/07 4:06 PM
Deleted: The

R. Podkaminer 1/5/07 4:06 PM
Deleted: s

Item 16 – Amend Rule 4-3.2 as follows and delete Rule 8-8a, b, c:

Relay / Cross Country Uniforms

ARTICLE 2. In addition to Article 1, the following shall apply:

- All relay and cross country team members must wear uniforms clearly indicating, through color, logo and combination of all worn components covering the area included by the torso, the forearms, the hips and the thighs, that members are from the same team. ~~((with components (i.e., top and bottom) that are of the identical primary color among team members. Body suits are considered to be comprised of top and bottom components. The relay team members may choose to wear pants, shorts, briefs or body suits, the length of which may vary.))~~
- Components (i.e., top and bottom) shall be of the identical primary color among team members. Body suits are considered to be comprised of top and bottom components.
- Relay and cross country team members may choose to wear pants, shorts, briefs or body suits, the length of which may vary.
- Visible undergarments of the same type worn by team members must be of an identical solid color.

Rationale: The intent is that all members of a team event are uniformed so to be clearly identifiable. This includes all worn clothing in the defined visual line-of-sight. This rule provides the intent and then some guidance in achieving the intent.

R. Podkaminer 1/5/07 4:47 PM
Deleted: 1

R. Podkaminer 1/5/07 4:06 PM
Deleted: The

R. Podkaminer 1/5/07 4:06 PM
Deleted: s

R. Podkaminer 1/5/07 4:08 PM
Deleted: Position Statement as follows:

Item 17 – Amend Rule 4-3.5 as follows:

... Spikes shall have a maximum diameter of 4 millimeters for the one-half of their total length closest to the tip. ...

Rationale: USATF and IAAF conformance. Consistency in rules promotes fewer errors by officials.

Item 18 – Add Rule 4-3.9 as follows:

Competition Area Access

Governing access to the any area of competition is a function and responsibility of the games committee. An area within the normal area of competition shall not be set aside for coaches in any championship competition. An area outside the competition area, as close as feasible to the competition, shall be reserved for coaches.

Rationale: The original implementation for a 'coaches box' was allegedly for safety, but that seems to have been conveniently forgotten and replaced by actual coaching practices. No evidence has surfaced to indicate that safety has been enhanced by having a coaches box in the area of competition.

Item 19 – Amend Rule 4-4.2 as follows:

The interval between the starting times of ~~((track events))~~ each separate running event shall not exceed ~~((40))~~ 5 minutes with 3 minutes allowed between each heat of a single event, except in the 3,000 meters and the steeplechase, in which the interval shall be 15 minutes; the 5,000 meters interval shall be 20 minutes; and the 10,000 meters interval shall be 40 minutes. Field events shall be scheduled ...

Rationale: To shorten the length of meets. Consider ... ten minutes, a basketball half-time, between each event. Five / three minutes is more than adequate. To prevent championship/scored meets schedules from being manipulated by home meet management to fit their own personal agendas. To align track event times more closely with field event time limits.

Item 20 – Amend Rule 4-4.4 as follows:

Replace ~~((1,500 Meters))~~ with Mile Run in each section of the rule.

Rationale: Rationale provided in previous year's submission.

Item 21 – Amend Rule 4-4.4 as follows:

Add 5,000 Meter Racewalk before the 10,000 Meters in each section of the rule.

Rationale: Racewalking is an Olympic track and field event that is contested at several major collegiate track and field meets and many invitational's. Among these are the Penn Relays, Mount Sac Relays, and The College Track Conference Championships. In the last two years, member schools have hosted track and field meets that have

R. Podkaminer 1/5/07 4:47 PM
Deleted: 8 May, 2006

Proposed Amendment for the 2009 NCAA Rules Book

R. Podkaminer 1/5/07 4:48 PM

Deleted: 6

included racewalking. These include but are not limited to Slippery Rock, Rochester Institute of Technology, University of Rochester, Bucknell University, University of Wisconsin-Parkside, Mansfield University, De Sales, C.W. Post and Richard Stockton. Currently there are no rules or direction to handle these events within the NCAA.

Item 22 – Amend Rule 4-4.4 Note and Rule 10.3 Note 1 as follows:

Changes from this order can be made by the games committee or mutual agreement of the competing teams, but not to accommodate competitors in multiple events. For example, blocking events by gender or specialty is permitted.

Rationale: To eliminate the apparent conflict with established rules and procedures regarding absence from an event.

Item 23 – Amend Rule 5-1 as follows:

Control of Start

ARTICLE 1. The starter has sole control over all aspects of the start. The starter's decisions shall be final (Rule 3-7.1). A starting-area marshal shall be assigned to assist in keeping the starting area clear and quiet.

The starter shall confer only with the officials assigned to the starting line (assistant starters and starting-area marshal) in cases when there are questions concerning the start. (*5-2 Note 3)

Practice starts in the immediate area of the starting line are not allowed in conjunction with the starter's commands.

Starting Blocks

ARTICLE 3. The games committee may restrict starting block usage in a meet to only those starting blocks supplied by the games committee. Starting blocks must conform to the requirements in Rule 2-1.

Starting blocks may only be used in races, or for legs of a relay, shorter than 800 meters. The starting blocks must be set within each competitor's assigned lane without overlapping the starting line. Hand grips or body supports are prohibited at the start.

Starting Races – 500 Meters and Longer

ARTICLE 5. (~~Where appropriate~~) When blocks are not used by any competitor, the starter shall have the runners take a position approximately 3 meters behind the starting line. On the command "On your marks", runners shall, without delay, advance to the starting line and, when all competitors are steady and motionless, the starter shall discharge the pistol. The provisions of Rule 5-1.4 shall be followed if blocks are used in 500 or 600 meters races.

Rationale: There is some reorganization in this amendment, clarifications and a statement of new conditionals that have become common practice.

Item 24 – Amend Rule 5-2 as follows:

Starting Violations / Procedures

ARTICLE 1. Violations at the start of a race include:

- If a competitor at the start of a race uses tactics obviously intended to disconcert an opponent, the competitor shall be warned by the starter and, if such action is repeated, shall be disqualified.
- A false start may be charged against a runner who fails to comply promptly with the command "On your marks" or with the various requirements of the command "Set."
- If a competitor commences the starting motion after assuming a full and final set position and before the report of the pistol/starting device, it shall be considered a false start unless the starter has cancelled the start. (~~If the start was not fair in the judgment of the starter, the starter must recall the competitors with a second shot. If the unfair start was due to one or more competitors "beating the pistol," it shall be considered a false start and the starter must charge the offender(s), who shall be disqualified. If the unfair start is not due to any competitor, a false start shall not be charged.~~)
- A competitor who cuts in front of another runner without proper clearance or one full stride on the curved line start shall be disqualified (Rule 5-4.2c).

ARTICLE 2. a. If the start was not fair in the judgment of the starter, the starter must recall the competitors with a second pistol shot. If the unfair start was due to one or more competitors "beating the pistol," it shall be considered a false start and the starter must charge the offender(s), who shall be disqualified. If the unfair start is not due to any competitor, a false start shall not be charged. (*5-2c)

b. When a false start detection apparatus is being used and the start team is alerted to a reaction time below the configured threshold, the race must be recalled with a second pistol shot. The starter shall examine all information from the apparatus and where possible use it to confirm a false start determination made by the start team.

c. For any reason, either before or after the word "Set," the starter may cancel a start by directing all runners to stand up. After allowing the runners a brief time for adjustments, a new start shall be made. Starters must conform to the prescribed commands as set forth in the rules. (*5-2 Note 2)

R. Podkaminer 1/5/07 4:47 PM

Deleted: 8 May, 2006

Note 1: The starter usually finds it necessary to disqualify only one runner for a false start. By quickly saying "Stand up" after a break, the starter can release the other runners from their marks. Runners who, in the starter's judgment, have been led off their marks by a false starter shall not be disqualified. However, if two or more runners break together, the starter must disqualify all of them.

(Note 2: For any reason, either before or after the word "Set," the starter may cancel a start by directing all runners to stand up. After allowing the runners a brief time for adjustments, a new start shall be made. Starters must conform to the prescribed commands as set forth in the rules.)

Note 3: The starter shall confer only with the officials assigned to the starting line [assistant starter(s) and starting-area marshal] in cases when there are questions regarding the start.)

Note 2: Communication by the start team regarding their decision concerning a violation, warning or cancellation shall be accomplished in compliance with Rule 3-7.1e.

Rationale: There is some reorganization in this amendment, rules have become Rules, notes have become Notes. One new section is added to provide guidance on the use of electronic false start detection equipment.

Item 25 – Amend Rule 5-4.1 as follows:

In all races run in lanes, each competitor(s) shall ~~((start and finish))~~ keep within their assigned lane(s) from start to finish. However, without material advantage gained and no other runner being obstructed, a competitor may run outside their assigned lane in the straightaway or outside the outer line of their lane on a curve.

(Note: It is not a violation of this rule if a runner runs outside the assigned lane in the straightaway or runs outside the outer line on the curve, without material advantage gained and no other runner obstructed.)

Rationale: This is a clearer definition of Legal Running in Lanes, conforms more closely with other rule books and makes an important note more forceful.

Item 26 – Amend Rule 5-5.2c as follows:

Does not comply with the provisions of Rule 5-4.1 ~~((start and finish within the assigned lane (Rule 5-4.1))~~); or

Rationale: Provides better direct reference to the rule defining Legal Running in Lanes.

Item 27 – Amend Rule 5-9b as follows:

... (e.g. gloves, tape or adhesive substance);

Rationale: Provides better guidance in applying the rule.

Item 28 – Add Rule 5-10 as follows:

Racewalk The rules for Racewalking, printed in USATF Rules 230, 231 and 232, shall apply.

Rationale: See the rationale statement for Item 25, a proposal to amend Rule 4-4.4.

Item 29 – Amend Rules 5-11.3, 5-11.9, 10-5 as follows:

In each rule, delete the phrase: ~~((unless otherwise determined by the games committee))~~.

Rationale: Eliminates the creative seeding and advancement methods, especially indoor, that create normally unearned competition opportunities.

Item 30 – Amend Rule 6-1.6b as follows:

In the vertical jumps, the head judge of the event may allow the competitor to take attempts out of official order, which may or may not be in succession. The competition must continue in the excused competitor's absence and the competitor shall compete at the existing height upon their return, with the remaining number of attempts at that height when excused. If a competitor is not present for a trial before the bar is raised, it shall be deemed that the competitor is passing, once the allowable time period for the trial has elapsed.

Rationale: A clarification to insure excused competitors retain their unused attempts if the bar has not been raised.

Item 31 – Amend Rule 6-1.9b as follows:

A foot pattern may be used by officials to indicate the takeoff mark ~~((in the jumping events))~~ in any runway event during warm-up periods only.

Rationale: Eliminates the question of assistance during the competition. Officials at all meets do not provide the same assistance. Focus of official is not distracted during the competition.

Item 32 – Amend Rule 6-1.9c as follows:

... A maximum of two markers may be placed in the high-jump approach area. A maximum of one marker may be temporarily placed only on the ground in the area immediately behind or adjacent to a throwing circle for the duration of each competitor's own trial and shall not impair the view of the judges. These markers must be ...

Rationale: USATF and IAAF conformance. Allows assistance marks for all field events. Consistency in rules promotes fewer errors by officials.

Item 33 – Amend Rule 6-1.11 as follows:

... In vertical jumps, a competitor who has not taken ((a)) an initial trial in at least one hour from the first attempt of the competition may, with the permission of the event official, use the runway and landing area without the crossbar ((at a height change)) at the change of the bar to the height they enter the competition ((with the permission of the event official)). ...

Rationale: The additional warm-up was intended for those who delay entering the competition through passing lower heights, not to force the official to maintain a record of the time of each attempt in order to possibly accommodate passing many heights after entering a competition with an attempt at a low height. Continuing flights of a set number is authorized to minimize the time between attempts.

Item 34 – Amend Rule 6-1.16c as follows:

Performances shall be announced, displayed and reported in imperial ((and metric)) measure. ((The display shall be imperial measure and, when possible, metric.))

Rationale: Rationale provided in previous year's submission.

Item 35 – Replace Rule 6-2 by reorganizing and modifying as follows: (*current rule reference)

Purpose of Qualifying / Preliminaries

ARTICLE 1. The games committee should reduce the number of competitors in the final rounds to a workable size through the use of a separate qualifying competition and/or preliminary rounds. (*5-11.1)

When a competitor who has earned advancement to a subsequent round is unable to compete, another competitor shall not advance. (*6-2.1)

Field event competitors who first report after the first competitive attempt has been made shall not be allowed to compete in the event. (*6-2.2)

Qualifying Competition

ARTICLE 2. If a qualifying competition is deemed necessary, it shall precede the preliminaries and finals to determine which competitors entered in the event shall compete in the competition proper. The games committee shall determine group size, automatic qualification performance and the number who qualify. Performances made in the qualifying competition shall not be considered part of the competition proper nor count in deciding the final placing in the event. (*6-3.4)

Preliminary Competition and Advancement

ARTICLE 3. In the throwing events and the horizontal jumps, each competitor shall be allowed three trials. One more than the number of scoring places, but not fewer than eight, shall advance by best mark in the preliminary rounds to the final rounds, provided each has a valid mark in the preliminary rounds. (*6-2.1 & 6-2.2)

Competitors tying for the last advancement position, by mark, shall advance to the final rounds, unless otherwise ruled by the games committee before the competition. (*6-2.2)

Automatic advancement

ARTICLE 4. The games committee, before the competition commences, may allow automatic advancement of each competitor to the final rounds in the throwing events and the horizontal jumps. The number of competitors at the start of the preliminaries must be nine or fewer. Each advancing competitor must actually attempt one preliminary. (*6-2.1)

Completion of Preliminaries

ARTICLE 5. Each flight in the preliminaries is completed when the last competitor to be called in the flight has either taken the final trial or the time limit for the trial has expired. (*6-1.7)

All performances made in field event preliminary rounds shall be counted with performances in the final rounds to determine final place winners. Competitors shall be credited with the best of all their efforts. (*6-2.2)

Rationale: This provides a clearer organization to all provisions of the rule without making any new conditions.

Item 36 – Amend Rule 6-4.1 as follows:

~~((It is recommended that competitors))~~ Competitors shall be arranged in flights not larger than ((+2)) 16 and not smaller than five.

~~((Assignment to flights may be random or based on entry performances.))~~ The games committee shall determine whether flight assignment is random or based on entry performance, and the order in which flights are contested.

Proposed Amendment for the 2009 NCAA Rules Book

R. Podkaminer 1/5/07 4:48 PM

Deleted: 6

If weather or facility conditions render this method unfair to some competitors, the referee may require that all trials be taken one at a time in the order drawn.

Rationale: Gives specific requirement instead of a guideline. Allows for current practice and desire in meets with large fields in an event, such as regions or where a qualifying round is used.

Item 37 – Amend Rule 6-4.3 as follows:

... When there are large fields in the high jump or pole vault, ~~((as determined by the games committee))~~ greater than 15, it is advisable for the games committee to establish ~~((continuing flights of five competitors))~~ a rotating flight of between four and seven competitors (five-alive method). ...

Rationale: Gives specific guidance in determining a 'large field'. Maintains games committee control.

Item 38 – Amend Rule 6-7.4 by adding a new paragraph as follows:

To insure correct measurement for records and qualifying, the elevation of the sand shall be frequently maintained to comply with rules for the landing area. At a minimum, this shall occur at the beginning of each flight and at the end of each round within a flight.

Rationale: This gives guidance to officials and eliminates the common problem of progressively unfair jumping conditions as the event progresses when inexperienced people are maintaining the landing area.

Item 39 – Amend Rule 6-8.1 as follows:

... A competitor must start from a stationary position inside the circle. Cartwheeling techniques are not permitted.

Rationale: USATF and IAAF conformance. Consistency in rules promotes fewer errors by officials.

Item 40 – Amend Rule 6-11.1 as follows:

A legal hammer throw shall be made from the circle and shall land within the legal sector. A competitor must start from a stationary position inside the circle. There are no other restrictions on the positions and actions of the thrower. A competitor may interrupt ...

Rationale: This condition for circle throws was not as clearly specified as in the shot and discus.

Item 41 – Amend Rule 7-1.6c as follows:

... If it concerns first place, the competitors tying shall have one more jump at each height, starting at the ~~((lowest height attempted by any of the tied competitors))~~ next height in the original progression above the tying height and, if a decision is not reached, the bar shall be ...

Rationale: USATF and IAAF conformance. Consistency in rules promotes fewer errors by officials. This actually eliminates any aspect of gamesmanship in the determination of the starting height of the jump-off.

Item 42 – Amend Rule 7-2.1 as follows:

... The length of time that shall be averages for each event is as follows:

long jump and triple jump – five seconds;

100 meters – 10 seconds;

100- or 110-meter hurdles – 13 seconds;

200 meters – ~~((10 seconds))~~ two separate ten-second periods.

When the 200 meters is run around one curve, ~~((the length of time))~~ the first 9-second period shall begin at the start of the race. The second 9-second period shall begin as the ((runners enter)) lead runner enters the straightaway. ...

Rationale: To provide a more accurate wind component for the race.

Item 43 – Add Rule 8-9g as follows:

Voluntarily leaves the course or abandons the race, then returns later to continue the race.

Rationale: This provision should not be just for Track, but also for Cross Country

Item 44 – Amend Rule 9-2.2a as follows:

Each competitor shall be allowed only three attempts in the long jump and throwing events. These attempts must be taken one at a time in the listed order of the competition.

Rationale: To clarify that this event is to be treated as a final.

Item 45 – Delete Rule 9-2.2j:

~~((Metric measure shall be used.))~~

Rationale: Rule 9-2.2 has exceptions to the normal rules. Metric is required normally. See Rule 6-1.16b.

R. Podkaminer 1/5/07 4:47 PM

Deleted: 8 May, 2006

Proposed Amendment for the 2009 NCAA Rules Book

R. Podkaminer 1/5/07 4:48 PM

Deleted: 6

Item 46 – Amend Rule 9-2.5c as follows:

When possible (~~and practical~~), practical and involving not more competitors than twice the number of lanes, all competitors in the 800 ...

Rationale: To provide guidance and limitation on the running of the final event. Applies indoor and outdoor.

Item 47 – Amend Rule 9-2.8 as follows:

An athlete failing to (~~report and~~) start in any event(~~s~~) of the combined-event competition shall be considered to have abandoned the combined-event competition and shall not be allowed to participate in any following event of the combined-event competition....

Rationale: To clarify that actually starting the event is the key element and that abandonment only affects the combined-event.

Item 48 – Amend Rule 10-3 as follows:

Add 3,000 Meter Racewalk just before the Mile/1500 Meters in each section of the rule.

Rationale: See the rationale statement for Item 25, a proposal to amend Rule 4-4.4.

Item 49 – Amend Rule 10-5.1b as follows:

When eight competitors advance to the finals in the races listed in this article, on a facility with less than eight lanes, the competitors shall qualify ...

Rationale: To clarify the original intent of this rule.

Item 50 – Amend Rule 10-7.1 as follows:

Where indoor facilities dictate, synthetic-covered implements with internal movement may be used. Only one type of implement shall be used in a competition

Rationale: To insure that all competitions are conducted with consistency.

R. Podkaminer 1/5/07 4:47 PM

Deleted: 8 May, 2006